

# Fruity Fun Chicken Salad Cups

**Prep time:** 15 minutes

**Makes:** 6 Servings

This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.

## Ingredients

- 1 can** all white meat chicken (10 oz)
- 1/2 cup** strawberries (diced)
- 1/2 cup** fresh spinach (chopped)
- 1/4 cup** green onions (thinly sliced)
- 1/4 cup** fat-free sour cream
- 4 teaspoons** yellow mustard
- 2 teaspoons** dry oregano leaves (or dry dill weed)
- 1/4 teaspoon** ground black pepper
- 12** small Romaine or Bibb lettuce leaves (small)

## Directions

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure 1/4 cup of chicken salad into each lettuce leaf.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	58	
Total Fat	2 g	
Protein	7 g	
Carbohydrates	4 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	121 mg	

\*Percent Daily Values are based on a 2,000 calorie diet.

## MyPlate Food Groups

Vegetables	1/4 cup
Protein Foods	1 1/2 ounces

## Notes

- Consider adding blueberries, diced peaches, or halved grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1 1/2 cups of leafy greens like torn or chopped Romaine lettuce and/or spinach to make it a salad.

**Food Demonstration Samples:** Offer 1/8 cup of chicken salad and 1/4 of a lettuce leaf in small cups. Provide a fork. Makes 24 samples.

**Meal Pattern Contribution Statement:** 2 lettuce cups provide 1.50 oz eq meat, 1/8 cup dark green vegetable and 1/8 cup other vegetable.

Summer Food, Summer Moves (FNS-607)